



The **Ultimate** Hospital Bag Checklist

For you:

- | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | Hospital notes | <input type="checkbox"/> | Snacks |
| <input type="checkbox"/> | Birth plan / proposal | <input type="checkbox"/> | Water bottle |
| <input type="checkbox"/> | Nightie / pyjamas | <input type="checkbox"/> | Phone & charger |
| <input type="checkbox"/> | Extra large old T-Shirt | <input type="checkbox"/> | Magazines / book |
| <input type="checkbox"/> | BIG pants | <input type="checkbox"/> | Pillow from home |
| <input type="checkbox"/> | Loose going home clothes | <input type="checkbox"/> | Nursing bras |
| <input type="checkbox"/> | Dressing gown | <input type="checkbox"/> | Music / Spotify playlist |
| <input type="checkbox"/> | Socks & slippers | <input type="checkbox"/> | Toiletries |
| <input type="checkbox"/> | Breast pads | <input type="checkbox"/> | Hairbrush |
| <input type="checkbox"/> | Nipple cream | <input type="checkbox"/> | Arnica |
| <input type="checkbox"/> | Lots of maternity pads | <input type="checkbox"/> | Lip balm |

For partner & baby:

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|--------------------------|-------------------|--------------------------|---|
| <input type="checkbox"/> | Phone & charger | <input type="checkbox"/> | Cotton wool (avoid wet wipes initially) |
| <input type="checkbox"/> | Camera | <input type="checkbox"/> | Muslin clothes |
| <input type="checkbox"/> | Toiletries | <input type="checkbox"/> | 3-4 Sleepsuits |
| <input type="checkbox"/> | Book | <input type="checkbox"/> | 3-4 vests |
| <input type="checkbox"/> | Snacks | <input type="checkbox"/> | Baby socks + hat |
| <input type="checkbox"/> | Water bottle | <input type="checkbox"/> | Baby blanket/shawl |
| <input type="checkbox"/> | Change of clothes | <input type="checkbox"/> | Warm baby jacket |
| <input type="checkbox"/> | 20 Nappies | <input type="checkbox"/> | Car seat |

compiled with love by our midwife, Kate